

Forest Friday & PD Day Camp Program Guide

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Mission & Vision Statement

Mission:

Education rooted in nature to inspire in our students a deeper connection to the community around them.

Vision:

Every child is given the opportunity to learn about their world through daily access to extended time in nature. Quality educators facilitate an emergent curriculum that reflects the needs of the whole child and meets the demands of the world in which we live.

Forest Friday & PD Day Camp Program Description

Forest Fridays is a one day a week nature immersion program, where students are given the opportunity to increase their environmental literacy and learn outdoor survival skills such as shelter building, foraging, orienteering, and so much more!

Led by experienced educators, this program is offered to students ages **4-10** in public school or who are homeschooled. Children have the opportunity to spend one day of their school week outside in nature, engaged in the natural world around them, and learning hands-on practical skills. *We also offer a Forest Fridays PD Day program.*

This program takes place from 9:00am-4:00pm, onsite as well as at local off site locations, which are communicated to parents beforehand.

We are very excited to offer this program that provides continued access to a wooded area, promoting good physical, mental, social and emotional health, while developing a connection with the environment. The students build life skills such as resilience while being outdoors in all kinds of weather, spatial awareness while negotiating forest trails, social competency while working as a team, and self confidence while assessing and taking risks in the physical environment.

By revisiting the same location in the woods, children develop a stronger relationship with nature, while also being able to observe the changing of the seasons and how this affects nature and all of its inhabitants.

“What’s important is that children have an opportunity to bond with the natural world, to learn to love it and feel comfortable in it, before being asked to heal its wounds.”- David Sobel

Please see a sample schedule of the day below (*transition to the forest may take place later in the day depending on the weather*):

9:00am- Morning gathering

9:30am- Transition to Forest

9:45am- Snack

10:00am- Skill-based group learning (*ex. ropes, shelter building, fire building, tools, flora & fauna identification etc.*)

12:00pm- Lunch

1:00pm- S.T.E.A.M

2:00pm- Free play & skills practice

3:30pm- Return to school

4:00pm- Home time

Extended Care

- Our full-day program runs from **9:00am** to **4:00pm**.
- Before care is available starting at **8:00am** and our aftercare is available until **6:00pm**. Please register at the beginning of the year if you will consistently need extended care. The fees will automatically be applied to your term invoices. No refunds will be granted for missed days. Refunds will not be applied retroactively if extended care is canceled for the remainder of the year.

Registered beforecare- \$7/ day

Registered aftercare - \$7/day

Drop in beforecare- \$12/day

Drop in aftercare- \$12/day

Drop In /Late Pick Up Fees

If you have not registered for before/aftercare at the beginning of the year, and drop off before 8:45am and/or pick up after 4:15pm. you may be charged for the drop in fee on your subsequent month/term invoice.

2022/23 Tuition Rates

Forest Fridays

Fall term- September 16, 2022 to December 23rd, 2022

~\$885

Winter term- January 13th, 2023 to March 10th, 2023

~\$531

Spring term- March 24th, 2023 to June 23, 2023

~\$826

*Please note, we will be closed on Good Friday

PD Days

DSBN- November 25, January 20, February 17, May 19, June 9

~ \$295 for all 5, or \$59/day

HWDSB- November 25, January 27, March 3, June 2

~\$236 for all 4, or \$59/day

What to Bring to Nature School

Children should be ready, upon arrival each day, for outdoor time. We are a rain or shine program and operate on the belief that *there is no such thing as bad weather, only bad clothing.* During inclement weather, we take all precautions to ensure the safety and comfort of our students, which means that we will run our nature based program inside when necessary. Please ensure that students have appropriate dress for the weather and please send extra clothing. Please take a look at our checklist below to ensure your child is prepared:

Program Item Checklist- Daily

	Indoor shoes
	Water bottle
	Lunch and two snacks- Please make these waste free when possible.
	Sunscreen/insect repellent (Fall & Spring)
	Spare change of clothes (pants/shirt/socks/underwear) **Labeled**
	Outdoor hat (Fall/Spring)
	Rain boots or snow boots- We recommend that all items be waterproof.
	Waterproof rain jacket or Winter jacket
	Waterproof rain pants or snow pants
	Winter accessories (waterproof gloves, warm hat, neck warmer,) - We recommend that you provide an extra pair of waterproof gloves and an extra winter hat. Please see tips for dressing below.

Please label ALL of your children's items. Children may store extra clothing at the school. Wet/soiled clothing will be sent home in your child's backpack. Please check daily to ensure that extra items are replaced.

Tips for dressing your child appropriately for the Winter weather:

For cold weather please consider the following factors when dressing for school:

- 1) Insulation: Natural fabrics such as wool or silk work well as an inner layer, as does fleece. Polyester pyjamas are another good option. The key for this layer is to wick moisture away from the skin and insulate it with a breathable layer.
- 2) Middle Layer: This is another insulation layer that creates 'dead-air space' between skin and the elements. This airspace helps in keeping warm. Wool sweaters (Merino wool is exceptionally warm and soft on sensitive skin) and fleece tend to work well.
- 3) Outer Shell: This layer should be waterproof and windproof, as well as breathable.

A note to parents/caregivers:

It's not necessary to invest in expensive brand names to keep your child warm. Thrift stores are great places to look for children's wool clothing at cheaper prices. If you are looking for a regular store to purchase outdoor clothing, Mountain Equipment Coop (MEC) has excellent children's outdoor wear for all seasons.

In terms of boots, we recommend purchasing boots that are one size larger than your child's foot. Again, this creates dead-air space to assist in insulation. Socks help to wick moisture away from the skin, (please note: cotton tends to sweat and doesn't do a great job at wicking moisture). The best foot insulator would be two pairs of wool socks with waterproof boots that have wiggle room.

For warmer weather we ask that your child has a light cotton/silk/hemp long sleeve shirt on for the day. Children are encouraged to wear a hat at all times. Children will be encouraged to stay hydrated for both cold and warm weather as this will assist in regulating body temperatures.

Communication

Parents will be sent a Forest Friday Newsletter monthly with updates about what we have been up to while in the program as well as pictures from the month.

Program Contact:

Please contact us with any questions or concerns you may have:

Email- greenbeltniagara@gmail.com Phone/text- **905-931-0447**